







July 2009



Ten At A Time Physical Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<i>All purpose cardio intervals, execute w/o a rest until indicated: 20 pushups, 20 walking lunges, 10 burpees, 1 min jump rope, 20 bicep curls, 30 ab crunches, 20 tricep dips, 25 jumping jacks, 10 dead lifts, 20 front delt raises, stair stepping for 2 min, take a 5-7 min rest and stretch each muscle group. Repeat for a second round!</i>		1 Side raises.	2 Standing side crunches.	3 Alternating walking lunges.	4 10 min running.
5 Upright rows.	6 Chest press.	7 10 min of jump rope.	8 Bicep curls. 	9 Balance on a fat noodle or foam core-30 sec holds.	10 Squats, hands behind your head.	11 Dead rows.
12 Front raises.	13 Inclined push-ups.	14 Favorite ab exercise.	15 Dead lifts.	16 Long arm curls.	17 Bench press.	18 Rear leg lifts.
19 Tricep dips on a bench.	20 Dumbbell pullovers.	21 Reverse grip curls.	22 Twisting crunches.	23 Reverse grip bicep curls.	24 Squat to a side leg lift, alternating sides.	25 Lying dumbbell extensions.
26 Volley a tennis ball against a wall for 10 min.	27  Declined push-ups.	28 Dance today-salsa, ballroom, or just with your favorite music, for 10 min at a time.	29 Alternating hammer curls.	30 Superman lifts.	31 Overhead dumbbell raises.	

Duplicated with permission from the National Association for Sport and Physical Education (NASPE). To assess whether your child is receiving a quality physical education program, visit www.naspeinfo.org/observePE for an observation assessment tool.